NAME: chloe.f GRADE:3a

**FITNESS**

### Term One Date: ­­­­­­­­

Term Four Date:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Task** | **Term 1 Estimate** | **Term 1 Answer** | **Term 4**  **Estimate** | **Term 4**  **Answer** |
| **Height** | 120 cms | 130 cms | cms | cms |
| **Weight (optional)** | 20 kgs | kgs | kgs | kgs |
| **Vertical**  **Jump** | 30 cms | 22cms | cms | cms |
| **Standing Long Jump** | 45 cms | 125cms | cms | cms |
| **Sit Reach test (flexibility)** | 1cms | +4 cms | cms | cms |
| **Beep Test** | 3 (Level) | 4.2 (Level) | (Level) | (Level) |
| **50m Sprint** | 12 secs… | 10.5 secs… | secs… | secs… |
| **Laps of the gym – 80m (4mins)** | 6 | 6 |  |  |
| In one minute I can do… | | | | |
| **Star**  **Jumps** | 20 | 64 |  |  |
| **Burpies** | 16 | 17 |  |  |
| **Lunges** | 20 | 24 |  |  |
| **Skips of**  **the rope** | 20 | 45 |  |  |
| **Push-ups**  **(on knees or full)** | 10 | 11 |  |  |

#### Term 2: I think I can improve upon my laps of the gym

I will do this by practising once a week

Term : Did I improve upon my selected goals? Why/Why not?